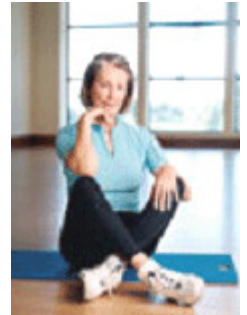


How Do I Get Started With Increasing My Physical Activity

Increasing your physical activity levels does not mean you have to join the local gym or athletic club. There are many fun ways to increase activity slowly and safely. The best thing about physical activity is that even a little can make you feel a whole lot better. In no time at all, you will have more energy, sleep better, and feel fitter.



Safety First:

- ✓ Ask your *MOVE!* team whether you need to see your primary care provider before beginning a program of physical activity.
- ✓ Stop exercising immediately if you experience any of the following:
 - Severe pain, tightness, pressure or discomfort in your chest
 - Severe shortness of breath
 - Severe nausea or vomiting
 - Sudden onset weakness or changes in sensation in your arm and/or leg on one side of your body
 - Difficulty swallowing, talking, or seeing
 - Severe headache or dizziness

CALL 911 immediately if the symptoms do not disappear within a few minutes.

If you have less severe, new, or worsening symptoms when beginning or increasing physical activity, see your primary care provider.



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General tips on increasing physical activity:

- Start slowly; choose the type and amount of activity that is right for you.
- Increase your everyday activity. Take the stairs. Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to check your mail.
- Walking is a great way to increase your physical activity. It's free and you can do it almost anywhere.
- Use a pedometer to count the number of steps you take everyday.
- You don't have to belong to a gym. Choose any activity that gets you moving.
- For weight loss, exercising longer is better than exercising harder. Mild to moderate exercise will do the job.
- Aim to be physically active for at least 30 minutes on most days of the week. Even longer would be better. But try not to overdo it at first.
- Wear comfortable shoes and clothes that are right for the activity and weather.
- Listen to your body. You are the best judge of how hard and how long you should exercise.
- Recruit an activity buddy; someone who likes the same activity and can keep you motivated.
- Warm-up, cool-down, and stretch before, during and after activity to prevent injury and reduce muscle soreness.
- Whether it's summer or winter, drink plenty of water before, during, and after activity.

